

Summer 2010

Harmony Yoga Pilates Studio

FIRST OFFERING:

THREE Options for Attending Summer Classes

Purchase an All-Inclusive Summer Pass for all classes (July 5 -Aug. 31, 2010) for a one-time fee of \$200.00 (incl. gst).

Attend ALL CLASSES ALL SUMMER LONG!

{Does not include first week of Yoga Sadhana classes 8:00-10:00 a.m. OR 5:30-7:30 p.m. Aug. 7-14, 2010}.

SAVE 65%!

Select classes you want to attend and pay the Registered Fee. **Must attend** the classes you have registered and paid for. Classes must be chosen in advance and fee paid when you register to obtain these savings. **SAVE 16%!**

Decide to Drop-In whenever you feel like it and pay the drop-in fee at each class! You are welcome to attend any class you like. (See other side, for a complete list of Summer Classes).

Class Fees (incl. gst)

| Length of Class | 1 ¼ Hr. | 1 ½ Hr. |
|-----------------|----------|----------|
| Registered | \$ 12.25 | \$ 14.25 |
| Drop- In | \$ 14.50 | \$ 16.75 |

Description of Summer Classes

Hatha Beginner

Instructed in a gentle, supportive manner. Learn to link the breath with movement and increase flexibility, strength and balance. You will learn to relax, rejuvenate and experience yourself in a new way.

Hatha Mixed

A well-balanced class open to all levels of students from beginners to those with more experience. Asana including inversions, core strengtheners, pranayamas and yoga nidra.

Pilates/Relax

Build core, strength & stamina with an emphasis on breath & body awareness with the use of props & an added relaxation component.

Pilates/Yoga Fusion

Combined class of mat pilates & yoga (build core strength, improve balance, increase flexibility and rejuvenate your body/mind).

Mantra Yoga

Experience the spiritual/devotional side of yoga with the practice of Sanskrit chanting and mantra japa. Finish with a short meditation and mudra to achieve the bliss of yoga.

SECOND OFFERING:

Two Weeks Yoga Sadhana Classes

Harmony is offering you a chance to immerse yourself in yoga! Two classes are being offered (almost daily) in August; 8:00-10:00 a.m. and 5:30-7:30 p.m. [asana, pranayama and meditation]. Fees are ONLY charged for the first week. Register on the sign-up sheet in the studio to attend as many classes as you like to **SAVE 16%!** OR attend classes on a drop-in basis.

8:00-10:00 a.m. - August 8-14th

5:30-7:30 p.m. - August 7-13th & 15-18th

Registered Fee: \$20.50 (incl. gst)

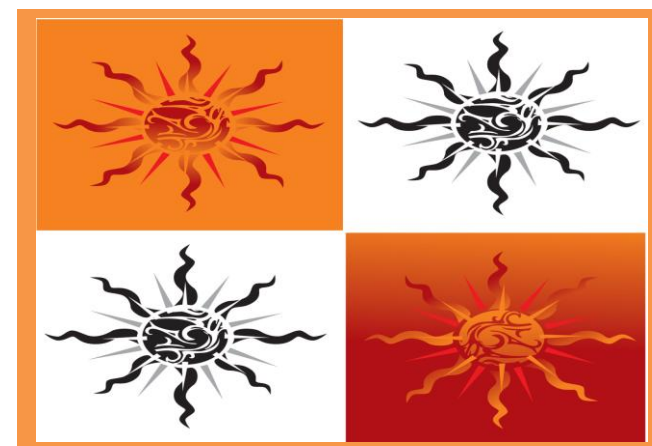
Drop-In Fee: \$24.50 (incl. gst)

GREAT NEWS – SECOND WEEK IS FREE!

for all Harmony students as the yoga teacher trainees will be teaching these classes. You still need to register on the sign-up sheet for these FREE classes. Space is limited! If you do sign-up – please show up! Thanks.

Email Harmony at info@harmonyyogastudio.ca or phone **809-1402** to purchase a summer pass or to register for either offerings!

Harmony Yoga/Pilates Studio



Summer 2010

Brochure

... Stillness... Life in Harmony
... with the Self ...

#200, 3160-118 Avenue S.E.,
(Douglas Glen) Calgary, Alberta

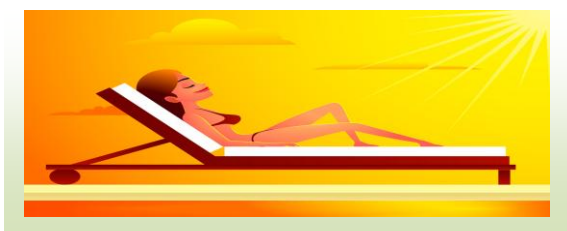
Phone (403) 809-1402

Email: info@harmonyyogastudio.ca

Website: www.harmonyyogastudio.ca

Harmony Yoga Pilates Studio

Summer Session 2010



Summer Schedule of Classes

| | | | | | |
|---|-----------------------|--|----------------------------|---|-----------------------|
| Mon., July 5th 6:15-7:30 p.m. | Hatha Beginner | Weds., July 14th 6:00-7:15 p.m. | Pilates/Relax | Tues., Aug. 3rd 6:00-7:30 p.m. | Hatha Mixed |
| Mon., July 5 th 7:45-9:15 p.m. | Hatha Mixed | Thur., July 15th 6:30-7:45 p.m. | Pilates/Yoga Fusion | Tues., Aug. 3 rd 7:40-8:55 p.m. | Mantra Yoga |
| Tues., July 6th 6:00-7:30 p.m. | Hatha Mixed | Friday, July 16 th 9:00-10:15 a.m. | Hatha Mixed | Weds., Aug. 4th 6:00-7:15 p.m. | Pilates/Relax |
| Tues., July 6 th 7:40-8:55 p.m. | Mantra Yoga | Mon., July 19th 6:15-7:30 p.m. | Hatha Beginner | Thurs., Aug. 5 th 6:30-7:45 p.m. | Pilates/Yoga Fusion |
| Weds., July 7th 6:00-7:15 p.m. | Pilates/Relax | Mon., July 19 th 7:45-9:15 p.m. | Hatha Mixed | Friday, Aug. 6th 9:00-10:15 a.m. | Hatha Mixed |
| Thurs., July 8 th 6:30-7:45 p.m. | Pilates/Yoga Fusion | Tues., July 20th 6:00-7:30 p.m. | Hatha Mixed | Mon., Aug. 9 th 7:45-9:00 p.m. | Hatha Beginner |
| Friday, July 9th 9:00-10:15 a.m. | Hatha Mixed | Tues., July 20 th 7:40-8:55 p.m. | Mantra Yoga | Tues., Aug. 10th 7:45-9:00 p.m. | Hatha Mixed |
| Mon., July 12 th 6:15-7:30 p.m. | Hatha Beginner | Weds., July 21th 6:00-7:15 p.m. | Pilates/Relax | Thurs., Aug. 12 th 7:45-9:00 p.m. | Pilates/Yoga Fusion |
| Mon., July 12th 7:45-9:15 p.m. | Hatha Mixed | Thurs., July 22 nd 6:30-7:45 p.m. | Pilates/Yoga Fusion | Mon., Aug. 16th 7:45-9:00 p.m. | Hatha Beginner |
| Tues., July 13 th 6:00-7:30 p.m. | Hatha Mixed | Friday, July 23rd 9:00-10:15 a.m. | Hatha Mixed | Tues., Aug. 17 th 7:45-9:00 p.m. | Hatha Mixed |
| Tues., July 13th 7:40-8:55 p.m. | Mantra Yoga | Mon., July 26 th 6:15-7:30 p.m. | Hatha Beginner | Mon., Aug. 23rd 6:30-7:45 p.m. | Hatha Beginner |
| | | Mon., July 26th 7:45-9:15 p.m. | Hatha Mixed | Tues., Aug. 24 th 6:30-7:45 p.m. | Hatha Mixed |
| | | Tues., July 27 th 6:00-7:30 p.m. | Hatha Mixed | Tues., Aug. 24th 7:55-9:10 p.m. | Mantra Yoga |
| | | Tues., July 27th 7:40-8:55 p.m. | Mantra Yoga | Thurs., Aug. 26 th 6:30-7:45 p.m. | Pilates/Yoga Fusion |
| | | Weds., July 28 th 6:30-7:45 p.m. | Pilates/Relax | Mon., Aug. 30th 6:30-7:45 p.m. | Hatha Beginner |
| | | Thurs., July 29th 6:30-7:45 p.m. | Pilates/Yoga Fusion | Tues., Aug. 31 st 6:30-7:45 p.m. | Hatha Mixed |
| | | Friday, July 30 th 9:00-10:15 a.m. | Hatha Mixed | Tues., Aug. 31st 7:55-9:10 p.m. | Mantra Yoga |

